

QUESTIONS

1. Write down 3 moments, people, activities that bring you pure joy.
 - a. What activities have you been doing these past few weeks to bring you joy and fuel your soul?
 - b. What has surprised you with what fuels you?
-

Sometimes in life we are not sure who we are or where we're going. By trusting and letting go we can learn something about ourselves.

2. What have you always wanted to do however the fear has held you back?
 - a. If you could name the fear, what would you call it?
-

3. What are you willing to try?
 - a. What's important to you about that?
-

4. What are some ways you can unapologetically be yourself?
 - a. Who can you reach out to for support?
-

5. Choose a number between 1-10. Write that number down in a vertical list. By each number write down the name of someone or something in your community that is important to you. (Eg. friend, local shop, etc) Then, beside each name, write down one way you can show up for them this coming week?
-

6. What are the qualities of role models in your life that you want to embody?
-